

**CLAIMS**

1. A method for treating systemic inflammation by reducing highly sensitive C-reactive protein levels in the body of a user which comprises:

administering on a daily basis for a period of at least about 2 days, a composition selected from the group consisting of:

- (a) a leukotriene inhibitor,
- (b) an antihistamine,
- (c) a corticosteroid, and
- (d) mixtures thereof.

2. The method of claim 1 wherein the selected composition is used in an amount of :

- (a) from about 1 to about 20 milligrams of leukotriene inhibitor,
- (b) from about 150 to about 250 milligrams of antihistamine, and
- (c) from about 110 µcg to about 220 µcg of corticosteroid.

3. The method of claim 2 wherein the selected composition is used in an amount of:

- (a) from about 5 to about 15 milligrams of the leukotriene inhibitor,
- (b) from about 175 to about 200 milligrams of the antihistamine, and
- (c) from about 110 µcg to about 220µcg of the corticosteroid.

4. The method of claim 2 wherein the leukotriene inhibitor is selected from the group consisting of:

albuterol sulfate, aminophylline, amoxicillin, ampicillin, astemizole, attenuated tubercle bacillus, azithromycin, bacampicillin, beclomethasone dipropionate, budesonide, bupropion hydrochloride, cefaclor, cefadroxil, cefixime, cefprozil, cefuroxime axetil, cephalexin, ciprofloxacin hydrochloride, clarithromycin, clindamycin, cloxacillin, doxycycline, erythromycin, ethambutol, fenoterol hydrobromide, fluconazole, flunisolide, fluticasone propionate, formoterol fumarate, gatifloxacin, influenza virus vaccine, ipratropium bromide, isoniazid, isoproterenol hydrochloride, itraconazole, ketoconazole, ketotifen, levofloxacin, minocycline, montelukast sodium, moxifloxacin, nedocromil sodium, nicotine, nystatin, ofloxacin, orciprenaline, oseltamivir, oseltamivir sulfate, oxtriphylline, penicillin, pirbuterol acetate, pivampicillin, pneumococcal conjugate vaccine, pneumococcal polysaccharide vaccine, prednisone, pyrazinamide, rifampin, salbutamol, salmeterol xinafoate, sodium cromoglycate (cromolyn sodium), terbutaline sulfate, terfenadine, theophylline, triamcinolone acetonide, zafirlukast, zanamivir, and mixtures thereof.

5. The method of claim 2 wherein the antihistamine is selected from the group consisting of:

cetirizine, fexofenadine and loratadine.

6. The method of claim 2 wherein the antihistamine is selected from the group consisting of:

mometasone furoate mononhydrate, triamcinalone, acetonide, budesonide and azelastine.

7. The method of claim 2 wherein:

- (a) the leukotriene inhibitor is montelukast sodium,
- (b) the antihistamine is cetirizine, fexofenadine and loratadine, and
- (c) the steroid is fluticasone propionate.

8. The method of claim \_\_\_\_ wherein the composition comprises:

- (a) the leukotriene inhibitor,
- (b) the antihistamine, and
- (c) the corticosteroid.

9. The method of claim 2 wherein:

the leukotriene and the antihistamine are administered orally and the steroid is nasally infused.

10. A composition for reducing C-reactive protein to treat systemic inflammation, consisting essentially of:

- (a) a leukotriene inhibitor,
- (b) an antihistamine, and
- (c) a corticosteroid.

11. The composition of claim 10 wherein the composition comprises:
  - (d) from about 1 to about 20 milligrams of the leukotriene inhibitor,
  - (e) from about 150 to about 250 milligrams of antihistamine, and
  - (f) from about 110 µcg to about 220 µcg of corticosteroid.
  
12. The composition of claim 11 wherein the composition comprises:
  - (d) from about 5 to about 15 milligrams of leukotriene inhibitor,
  - (e) from about 175 to about 200 milligrams of antihistamine, and
  - (f) from about 110 µcg to about 220µcg of corticosteroid.
  
13. The composition of claim 11 wherein the leukotriene inhibitor is selected from the group consisting of:  
  
albuterol sulfate, aminophylline, amoxicillin, ampicillin, astemizole, attenuated tubercle bacillus, azithromycin, bacampicillin, beclomethasone dipropionate, budesonide, bupropion hydrochloride, cefaclor, cefadroxil, cefixime, cefprozil, cefuroxime axetil, cephalexin, ciprofloxacin hydrochloride, clarithromycin, clindamycin, cloxacillin, doxycycline, erythromycin, ethambutol, fenoterol hydrobromide, fluconazole, flunisolide, fluticasone propionate, formoterol fumarate, gatifloxacin, influenza virus vaccine, ipratropium bromide, isoniazid, isoproterenol hydrochloride, itraconazole, ketoconazole, ketotifen, levofloxacin, minocycline, montelukast sodium, moxifloxacin, nedocromil sodium, nicotine, nystatin, ofloxacin, orciprenaline, oseltamivir, oseltamivir sulfate, oxtriphylline, penicillin,

pirbuterol acetate, pivampicillin, pneumococcal conjugate vaccine, pneumococcal polysaccharide vaccine, prednisone, pyrazinamide, rifampin, salbutamol, salmeterol xinafoate, sodium cromoglycate (cromolyn sodium), terbutaline sulfate, terfenadine, theophylline, triamcinolone acetonide, zafirlukast, zanamivir, and mixtures thereof.

14. The method of claim 2 wherein the antihistamine is selected from the group consisting of:

cetirizine, fexofenadine and loratadine.

15. The composition of claim 11 wherein the antihistamine is selected from the group consisting of:

- (a) mometasone furoate monohydrate,
- (b) triamcinalone,
- (c) acetoniode,
- (d) budesonide, and
- (e) azelastine.

16. The composition of claim 11 wherein:

- (a) the leukotriene is montelukast sodium,
- (b) the antihistamine is cetirizine, fexofenadine and loratadine, and
- (c) the steroid is fluticasone propionate.

17. The composition of claim 16 wherein:

the leukotriene and the antihistamine are administered orally and the steroid is nasally infused.

18. A method for reducing sinus inflammation by reducing highly sensitive C-reactive protein to reduce systemic inflammations in the body of a user, comprising:

Administering on a daily basis a composition selected from the group consisting of:

- (a) a leukotriene inhibitor,
- (b) an antihistamine,
- (c) a corticosteroid, and
- (d) mixtures thereof.

19. The method of claim 18 wherein:

the composition is a mixture of the inhibitor, the antihistamine, and the corticosteroid.

20. The method of claim 19 wherein:

(a) the leukotriene inhibitor is a montelukast sodium present in an amount ranging from about 5 to about 15 milligrams,

(b) the antihistamine is selected from the group consisting of cetirizene, fexofenadine and loratadine present in an amount ranging from about 175 to about 200 milligrams, and

(c) the steroid is selected from the group consisting of:

momeasone furoate monohydrate, triamcinalone, acetonide, budesonide, and azelastine, the steroid being present in an amount ranging from about 110 µcg to about 220 µcg.